

Mindfulness Pebbles

This activity is a great way to step back from our worries – and gives you the chance to create something beautiful at the same time

bring
change
to mind

high school

How To

- Choose a pebble color that you like and a few different color paint pens if you like.
- Think about what you would like to paint. You can paint an inspiring word or phrase. You can also paint a flower or shapes. It's up to you how you would like to decorate it!
- Start painting! Think about how the pen moves against the pebble and how the color appears on the pebble.
- Let dry!
- Keep in your room on your dresser or in your pocket.

Materials

You will need a bag of multicolored stone pebbles and paint pens. You can buy these from Michaels or Walmart.



Budget

Pebbles (\$15.00 - \$20.00)

Paint pens (\$10.00)

Timeline

You need to plan this event 1-2 weeks in advance.

It requires going shopping.

The actual activity should take 25 - 30 minutes.